

Hanford Environmental Health Foundation and Fluor Hanford are introducing "Make Your Move," a program to promote physical activity. Any Hanford Site employee with a Department of Energy security badge may participate. Call Judi Staley of HEHF at 372-0097 to register or cut out the form from the May 5 or May 12 issues of the Hanford Reach and send it to HEHF HES, H1-04. Fluor Hanford employees may register with Carol Powe at 376-8886. An information packet will be sent to you upon receipt of the registration form.

You can schedule a 45-minute "Make Your Move" safety-meeting presentation that discusses recommendations for starting an exercise program by calling HEHF Health Education Services at 373-3729.

Make your move

Making time for fitness isn't as hard as you think



With a little creativity, you'll find dozens of ways to increase the amount of movement in your daily routine. You know that becoming physically fit can enhance the quality and number of the years ahead. But you can't seem to find enough time to make fitness work for you.

Making time for fitness means setting priorities, sneaking extra activities into daily routines and scheduling fitness time as you would other important events.

Making fitness a priority

Ask an expectant parent about the preferred gender of their baby-to-be. The typical answer? "It doesn't matter, as long as the baby is healthy." Health is the most precious quality we can wish for a newcomer into the world, and deciding to stay fit and healthy is our way of protecting that gift. You can become more fit by exercising just 20 to 30 minutes, three times a week. Isn't it worth your time to make fitness a priority in your life?

Activating your daily routine

Five minutes of extra movement here and there can add up to a more active lifestyle. To activate your daily routine, try some of these tips: take the stairs when possible (or walk a few flights and then take the elevator), park your car at the far end of the parking lot, hand-deliver messages at work rather than picking up the phone, and so on. With a little creativity, you'll find dozens of ways to increase the amount of movement in your daily routine.

Scheduling time for fitness

Schedule your fitness time as you would an important meeting. Many business people have traded the "business lunch" for an exercise session at the gym. Why not mix business with pleasure? Take a brisk walk during your lunch hour or, instead of a coffee break, try a stretch break. Rather than joining friends for drinks after work, get together for a game of softball, racquetball or a vigorous hike. Whatever you do, stick to that scheduled activity.

There's no time like the present

There's every reason to do something good for yourself by making fitness one of your daily priorities. By setting aside just 20 to 30 minutes three times a week for vigorous activity, and by sneaking extra activity into your daily routines, you can become fitter, happier and more productive. Why not start right now?

This Thursday, May 21, is National Employee Health and Fitness Day. It's a perfect time to make the commitment to incorporate physical activity into your daily life. Organize a group walk at lunch or do a few stretches before starting your meeting. ■